



קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 6 March 2010/ 20 Adar 5770

Service Times (Lauren Lethbridge's Bat Mitzvah)

Shacharis	9.00 am
Minchah followed by Seudah Shlishis	5.05 pm
Shabbos ends	6.36 pm
Shabbos next week	5.45 pm

Welcome to **Lauren Lethbridge's** Bat Mitzvah! The Kehilla extends a warm Mazel Tov to Lauren on the wonderful occasion of her Bat Mitzvah. The community further wishes a hearty Mazel Tov to Lauren's parents, Hilary and David, and brothers, Aaron and Oliver. After *Adon Olam*, would you stand in your places as Lauren is sung onto the Bimah with the stirring words of *Eshes Chayil*. Lauren will then deliver her D'var Torah and Rabbi Wilson will respond with the address to the Bat Mitzvah. After the announcements, Hilary, David, Aaron and Oliver have great pleasure in inviting the community to a Kiddush in celebration of their Simchah.

Torah Reading

Leyning: Ki Sisa

Hertz p 352 Soncino p 540

Maftir: Bamidbar 19:1-22, H p652, S p898

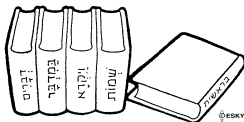
Haftorah:

Hertz p 999, Soncino p 1194

Rabbi Nissan Wilson

Leigh Finegold

The Shul Pesach mailing will shortly be sent out. Full details of all Pesach service times are included together with the "Shalom" magazine.



This week's Clayhall Kehilla has been kindly sponsored by Hilary, David, Aaron & Oliver in celebration of Lauren's Bat Mitzvah

Children's Service: 10.30am - 11.15am (today)

Weekday Services

Shacharis: Monday & Thursday, 6.50 am. Sunday @ 8.15 am.

Shacharis: Tuesday, Wednesday & Friday, 7.00 am.

Shacharis Rosh Chodesh: 6.40 am Monday-Friday, Sundays 8am.

Ma'ariv: 7.30 pm, Tuesday and Wednesday.

Sunday breakfasts: 21 March, 18 April and 16 May.

Lunch & Learn: Thursday 15 April.

Parashas Parah

"This is the decree of the Torah, which Hashem has commanded, saying: Speak to the Children of Israel, and they shall take to you a completely red cow, which is without blemish, and upon which a yoke has not come." (Bamidbar 19:2)

This is an example of Law of the Torah which is considered completely above human comprehension. The paradox is that those who are involved in the preparation of the ashes of the cow become ritually impure, while the sprinkling of water with those ashes is used to remove contamination! It is an example of a Law which must be accepted on faith alone.

The Shabbos after Purim, two Sifrei Torah are removed from the Ark. The Sidrah of the week is read from the first, and from the second, the chapter of Parah Adumah, the Red Cow (or Red Heifer), is read. It gives the procedure through which people can purify themselves from the contamination caused by a human corpse. The reading of this chapter was instituted for this time of the year because Jews were required to purify themselves before coming to Jerusalem for the pilgrimage festival of Pesach.

Really Jewish Food Guide

The Really Jewish Food Guide 2010 is now available from Jewish stores, schools and shuls in London. The new guide is fully updated and lists many new products. This year's guide includes two pages of discount vouchers for some of London's finest kosher restaurants. You can also purchase your guide locally through **Ilford Judaica**. You can email:

ilfordjudaica@tiscali.co.uk for further information.

Log on to www.kosher.org.uk and subscribe for automatic Kashrus alert updates to keep right up to date with news.

Clayhall Shabbaton

Clayhall's annual Shabbaton will be held on **Shabbos 8 May 2010**. The guest speaker should be confirmed in the next few days. Meanwhile, please put this date in your diaries. There will be a hot cholent Kiddush, a chicken lunch and a surprise for tea! Application forms will be sent out after Pesach. It is always an enjoyable day and we look forward to seeing you!

Three Weddings & A Bar Mitzvah

A cast of hundreds, an orchestra of thousands and a production cost running into millions.

Well not exactly, but the spirit stirred and the passion purred as the Redberg renegades walked the theatrical boards.

Daring and deft dance routines, side-splitting lyrics, stupendous song and masterful musical melody swept the audience away.

Never before in the history of Purim Panto had so much been owed to so many by so few.

Redberg's finest will return bigger and better than ever before - you have been warned!

Mobiles To Matzah

"Help us turn your old mobiles into matzah! Have you got any old mobile handsets hiding in a cupboard or drawer? **Project Chesed** is collecting old mobile phones which will be re-used where possible - and if not they will be recycled. The great news is that for every old phone you give us, we'll get money back that will be invested in Pesach food parcels. Bring your old mobile handsets to the **Clayhall Shul office**. Help us to make a difference to even more lives. We just need your old phone with its battery. No chargers are required and don't forget to remove your SIM card." **Project Chesed** teaches the Jewish responsibility we have for our fellow human beings, encourages more acts of charity and kindness.

Rosh Chodesh Group

On Tuesday 9 March, **Rebbetsen Wilson** will talk about "The Laws of Cooking on Pesach." The evening begin at 8.30 pm at the home of Rebbetsen Wilson, 19 Lakeside Avenue, Redbridge. Refreshments are always served! All ladies are warmly welcome.

Shul Library

Please use our Shul library that is located in the Ackerman Resource Centre on the ground floor. Over **160 books** to read or borrow covering a range of Jewish topics are available. There is a complete list of the books on the Shul website. If anyone would like to donate books either in celebration of a Simchah or to commemorate a Yahrzeit, please speak to the Shul Office on 020 8551 6533.

Listen by Adam Lieberman (www.aish.com)

Moshe came down from the mountain after receiving the Ten Commandments from G-d and heard a lot of noise coming amongst the Jewish people. This was right after the Jews had built the Golden Calf, so Yehoshua (Joshua), who was right next to Moshe, interpreted the noise as people shouting. But Moshe said:

"Not a sound shouting strength nor a sound shouting weakness; a sound of distress do I hear." (Shemos, 32:18)

A LIFE LESSON

When Moshe heard the commotion he was able to ascertain immediately that the noise represented the sound of people in distress. How was Moshe able to attach such a specific meaning to the shouting and know for certain what it meant?

The answer is that most people just **hear** what's being said. Others, such as Moshe, take the time to actually **listen** to what's being said. There is a significant and monumental difference between hearing and listening. Hearing means that someone "hears" what's being said and then translates the message into a meaning for himself. When you listen, however, you also take an extra moment to think about the person who's speaking. It's only then that you'll have a clear understanding of what is trying to be conveyed.

Since Moshe "listened" to the raucous coming from the Jewish people, he was able to add into the equation that the Jews had not seen their leader for 40 days and were certainly insecure, concerned, and stressed. It was then that Moshe immediately knew that the noise was certainly not of gleeful shouting, but rather **a sound of distress**. Once he knew this, he was able to respond in a way that would have been drastically different if he only chose to "hear" the noise and not "listen" to it.

It's so important to go beyond the words you hear, and instead, listen to what's being said.

For example, when a mother "listens" to her baby cry, she knows right away if it's a cry of unhappiness, hunger, or tiredness. But anyone else who was simply "hearing" the same cry could never be able to discern what kind of cry it was. But since a mother "listens" to her baby, she will add more to the message than just the noise of crying and will instantly know how to react. So when someone says something of importance to you, try to "listen" to him by taking the time to think about his personal circumstances. The same words said by one person can have a vastly different meaning when said by someone else. And by listening, you'll know just how to react and be able to give the person precisely what he needs.

Clayhall United Synagogue

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